

Catholic Parish of Lower North Shore





St Thomas' Willoughby

ghby St Philip Neri Northbridge St Leonard's Naremburn *Twinned with the Parish of Letefoho, Timor Leste.*

We wish to acknowledge the traditional custodians of the land on which we gather, the Cammeraygal and the Wallumedegal peoples, who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander Peoples to this Country and commit ourselves to the ongoing journey of Reconciliation.

PARISH OFFICE

182 High St, North Willoughby NSW (02) 9958 8846

Soffice@Ins.org.au

S www.bbcatholic.org.au/Ins

OFFICE HOURS Monday to Friday: 9:00am - 4.00pm

CLERGY

Fr. Jose Philip, OSH (Parish Priest) jose.philip@bbcatholic.org.au

Fr. Roger Delmonte, AP Roger.delmonte@bbcatholic.org.au

Fr. Vincent Trung Nguyen, AP vincent.nguyen@bbcatholic.org.au

Fr. Peter Dowd (RNSH Chaplain) peter.dowd@bbcatholic.org.au

PARISH STAFF

Secretary

Ursula O'Hare (Mon - Fri) Dionne Soares (Mon & Fri) Children's Sacrament Co-ordinator Natalie Wood (Mon,Tue & Thurs) sacraments@Ins.org.au Catechist Co-ordinator Henny Theodorus (Tue) ccd@Ins.org.au Finance (bookkeeper) Ilona Dudek (Fri) accounts@Ins.org.au

CATHOLIC SCHOOLS

St .Thomas' Primary School 2 Horsley Ave, Willoughby NSW (02) 7256 2104 Principal: Enrica Bova enrica.bova@dbb.catholic.edu.au

St. Philip Neri Primary School 67 Baringa Rd, Northbridge NSW (02) 9958 7136 Principal: Magaret Holles Magaret.holles@dbb.catholic.edu.au

VISION - "To know and love God, and to be Christ to one another" SIXTH SUNDAY IN ORDINARY TIME

MISSION - "Together, in Christ's love, for others"

11th FEBRUARY 2024



Dear Parishioners,

As we enter the sacred season of Lent, let us embrace this time of reflection, repentance, and renewal. Lent invites us to journey with Christ through 40 days of self-examination, prayer, and fasting, mirroring His own time in the wilderness.

In the spirit of self-sacrifice, let us consider what we can give up or take on to draw closer to God and our neighbours. May our fasting be more than abstaining from indulgences, but a deepening commitment to love, compassion, and acts of kindness. Through prayer, may we open our hearts to God's guidance, seeking strength to overcome challenges and wisdom to discern His will. Let the ashes on our foreheads be a humble reminder of our mortality, urging us to live with purpose and gratitude.

We begin Lent on Ash Wednesday 14th February with Mass in our three churches, I encourage you to actively participate in your faith by:

- Attending one of these Masses.
- Engaging in Jesus 'Passion by joining us during the Lent season, every Friday at 7pm for the Stations of The Cross which will be held at St Thomas Church, Willoughby and also every Friday at 9.45am after the Mass at St Philip Neri.
- A time for Reconciliation will be available 30min prior to week-day morning Masses at each Church.
- Attend Holy Hour this Tuesday 13th 7.30pm at St Leonard's Church.
- Participate in the Holy Rosary every Wednesday 7pm at St Thomas' Church. As we embark on this Lenten journey together, let us support one another in faith and share the joy of Christ's resurrection at Easter. May this season be a time of

spiritual growth, deepening our connection with God and one another. Fr Jose

Important Information!

Over the coming weeks, the parish will be looking to reinvigorate some of our existing ministries, through this process we will then need to conduct small workshops, update rosters and recruit new volunteers especially with the vision of a new Welcoming Ministry. Details will be included in the coming parish bulletins. In the mean time you will find a sing-up sheet for existing volunteers to check & update and room for new volunteers to provide their information. This will be located at the back of each church for you to complete, please provide your name and contact details, preferences and indicate if you wish to continue on the roster. Thank you for your participation and dedication to our parish community.

SUNDAY'S READINGS

Entrance Antiphon Cf Psalm 30:3-4

Be my protector, O God, a mighty stronghold to save me. For you are my rock, my stronghold! Lead me, guide me, for the sake of your name.

First Reading Leviticus 13:1-2. 44-46

The Lord said to Moses and Aaron, 'If a swelling or scab or shiny spot appears on a man's skin, a case of leprosy of the skin is to be suspected. The man must be taken to Aaron, the priest, or to one of the priests who are his sons. 'The man is leprous: he is unclean. The priest must declare him unclean; he is suffering from leprosy of the head. A man infected with leprosy must wear his clothing torn and his hair disordered; he must shield his upper lip and cry, "Unclean, unclean". As long as the disease lasts he must be unclean; and therefore he must live apart; he must live outside the camp.'

Responsorial Psalm Ps 31:1-2. 5. 11. R. v.7

(R.) I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation.

- 1. Happy the man whose offence is forgiven, whose sin is remitted. O happy the man to whom the Lord imputes no guilt, in whose spirit is no guile. **(R.)**
- 2. But now I have acknowledged my sins; my guilt I did not hide. I said: 'I will confess my offence to the Lord.' And you, Lord, have forgiven the guilt of my sin. (**R**.)
- 3. Rejoice, rejoice in the Lord, exult, you just! O come, ring out your joy, all you upright of heart. (**R.**)

Second Reading 1 Corinthians 10:31 - 11:1

Whatever you eat, whatever you drink, whatever you do at all, do it for the glory of God. Never do anything offensive to anyone - to Jews or Greeks or to the Church of God; just as I try to be helpful to everyone at all times, not anxious for my own advantage but for the advantage of everybody else, so that they may be saved.

Take me for your model, as I take Christ.

Gospel Acclamation Luke 7:16

Alleluia, alleluia! A great prophet has appeared among us; God has visited his people. Alleluia!

Gospel Mark 1:40-45

A leper came to Jesus and pleaded on his knees: 'If you want to' he said 'you can cure me.' Feeling sorry for him, Jesus stretched out his hand and touched him. 'Of course I want to!' he said. 'Be cured!' And the leprosy left him at once and he was cured. Jesus immediately sent him away and sternly ordered him, 'Mind you say nothing to anyone, but go and show yourself to the priest, and make the offering for your healing prescribed by Moses as evidence of your recovery.' The man went away, but then started talking about it freely and telling the story everywhere, so that Jesus could no longer go openly into any town, but had to stay outside in places where nobody lived. Even so, people from all around would come to him.

FIRST RECONCILIATION

<u>2024</u>

If your child has made their Confirmation and are in Year 4 or above, we will be preparing children for the Sacrament of First Reconciliation in the coming weeks. Parents wanting to register their child for Reconciliation are invited to attend a **Compulsory Parent Information Session** at: **St Philip Neri Church** Thursday 15th February at 7pm <u>OR</u> **St Thomas Church** Sunday 18th Febru-

ary at 10.45am straight after Mass. For further information, please contact Natalie at the parish office on 9958 8846 or via email sacraments@lns.org.au



IN OUR PRAYERS

Recently Deceased Nikola Sabljak, Michael Concannon and Carmelina Jimenez Sick- Bishop Peter Ingham, Michael Chiu, Michelle Sustersic and Brenda Lawrence



BAPTISM

We welcome into our parish faith family the newly baptised

Archer Preston, Billie Foster and Bradley Tse



Please keep them and their family in your prayers.



POPE FRANCIS' PRAYER Intention for February

FOR THE TERMINALLY ILL

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

HOLY HOU EVENING

You are warmly invited to join us for an hour of guided Eucharistic Adoration. DATE LOCATION TIME 13 Feb 7.30pm

ARRIVE FROM 7PM FOR A CUPPA

Discover Peace in His Presence Uplifting Melodies that Stir the Soul A Moment for Your Innermost Prayers **Escape and Encounter**



PROJECT Project Compassion Sunday 10 & 11 February



Please take home a Project Compassion box or a set of donation envelopes to support Caritas Australia this Lenten season and help support vulnerable people around the world, now and for all future generations. With your support, Caritas Australia has been able to support vulnerable communities around the world to tackle poverty, food security, education, water and sanitation and disaster risk reduction to build a better future for all.

Together, we can help vulnerable communities face their challenges today and build a better tomorrow for all future generations. You can donate through Project Compassion donation boxes and

envelopes available from your parish, by visiting,

caritas.org.au/project-compassion or by calling 1800 024 413







St Leonard's Church - 7 am

St Philip Neri Church - 9.15 am Parish

Stations of the Cross during Lent

St Thomas' church every Friday at 7:00 pm including Reconciliation St Philip Neri every Friday after the 9am Mass



Stations of the Cross at St Leonard's Church During the season of lent, we will be Praying the Stations of the

Cross in Italian every Monday Monday 18th Feb at 3.00pm Monday 26th Feb at 3.00pm Monday 3rd March at 3.00pm Monday 11th March at 3.00pm Monday 17th Mach at 3.00pm Monday 25th March at 3.00pm



For enquiries please contact Irma DiSanto 0437607918 or Tony Vuoso 0451440386

Lenten Reflection Books

If you have put your name down to purchase a Lenten Reflection Book you can now call into the office to collect and pay for them.



Rosary

Please join us for the Rosary every Wednesday at St Thomas' Church 7pm

HA IS A SAFE SPACE YOU CAN ASK LIFE'S BIG QUESTIONS **COMING TO LNS PARISH IN WINTER 2024**

CONTACT THE PARISH OFFICE TO REGISTER

Simple meditative worship Sunday Feb 25, 2024



prayer, silence

Please join with us for this beautiful, quiet time of spiritual nourishment. Everyone is most welcom

Sunday Feb 25th

From 6:30pm: A delicious supper, drinks and hospitality in the hall <u>7:15pm</u>: Service commences in the church. (40 mins.)

Venue: Northbridge Uniting Church, Gunyah St, Northbridge

An initiative of Northbridge Combined Christian Churches **Catholic Parish of Lower North Shore** Willoughby and Northbridge Uniting Church St Marks Anglican Church, Northbridge



and enriching learning environment.

St Thomas Primary Willoughby

- Thurs 7 March: 7.30 8.30am
- Sat 16 March: 10am 12pm

Willoughby Glass

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On Saturday 3 February 2024 the Parish's Laudato Si Action Platform Group (LSAP) undertook our first clean-up for the year, combing the streets of Naremburn for about an hour after the 9AM Mass at St Leonard's. The group of 5 collected 5 bags of rubbish

(see photo), most of which would have ended up in Middle Harbour as it entered the storm water system. Our next clean-up is on Saturday 2 March 2024 around the streets of Willoughby after the 9AM Mass at St Thomas. Feel free to join us. If you are interested in finding out more about the LSAP group, please contact Patricia at: pgemmell@tpg.com.au



COACHING

HIIT TRAINING

SMALL GROUP

BOXING

STRENGTH TRAINING

0

CHECK ME OUT ON INSTAGRAM: @Dgcoaching.com.au

PERSONAL TRAINER IN WILLOUGHBY DAMIEN GIARDINA

FIRST SESSION

FREE

0432 210 343

DAMIEN.GIARDINA@HOTMAIL.COM

	PARISH	I SCHEDULE	
	St Thomas' Willoughby	St Leonard's Narembur	n St Philip Neri Northbridge
Weekend Masses	6.00pm Vigil Saturday 8.00am & 9.30am Sunday	10.30am Sunday 6.00pm Sunday (Youth Mass)	5.00pm Vigil Saturday 9.00am Sunday
Weekday Masses	9.00am: Mon – Sat	9.00am: Tue, Thu, Sat	9.15am: Mon, Wed, Fri
Adoration/Holy Hour	Tuesday: 9.30am - 10.30am	Saturday: 9.30am - 10.00am 2nd Tuesday of the Month 7.30	ıpm -
Reconciliation	Saturday: 5.15pm - 5.45pm	Saturday: 9.30am - 10.00am	Saturday: 4.15pm - 5.00pm
Healing Mass	9.00am on First Friday (Divine Mercy & Adoration)	9.00am on 3 rd Saturday	
Baptism	11.00am on 2nd and 4th Sunday	12pm on 4th Sunday	10.30am on 3rd Sunday
Children's Liturgy	9.30am Sunday (during school term)		9.00am 4 th Sunday <i>(Family Mass)</i>
Rosary	8.30am Mon-Fri 7.00pm Wednesday	9.30am Tue, Thu, Sat	<i>9.45am</i> Mon, Wed, Fri
Charismatic Prayer Group	St Thomas' Parish Hall 7pm Tuesday evenings Enquires 0419977531		
Group of Trades ABN 67 098 980 922 SYDNEY'S RESIDENTIAL PAINTING SPECIALISTS		AL DR NIRANDA MAW, MBBS, FRACGP.OCH DR SHEHNAAZ KHAN, MBBCH, FRACGP DR GERARD MCLAREN FRACGP, FAFEM (RACP, FACRM SPECIALIST :	Advertising Space
Family Owned		RHEUMATOLOGIST	Available Please
02 9686 4444			contact the
www.asnu.		M.AU HUB, 7 WESTBOURNE STREET, ST	Parish Office
		LEONARDS, NSW	
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Scan now

to register



Prepare ourselves for a Good Lent 2024

The Christmas season has passed, our long summer holidays are hardly over this year and we find ourselves suddenly thrust into the season of Lent, with Ash Wednesday this week February 14th, also St Valentine's Day!

While Advent has been totally commercialised with Christmas shopping advertising blitz's and secular music ringing out everywhere, reminding us of the upcoming season in not the best way, this is not so with Lent and Easter. Lent, not marketed in the same way perhaps leaves us with opportunity to be more focussed on the sacredness of the season; but likewise, our hectic world proves distracting enough when we have nothing in our daily lives to remind us of this season.



What does our Church say about Lent?

The Church gives us this beautiful season to help us prepare our souls to celebrate the most important event in the history of the world:

the passion, death, and resurrection of our Saviour, Jesus Christ.

Each year, Lent, beginning on Ash Wednesday and continuing to the evening of Holy Thursday before the Mass of the Last Supper, is the 40 days liturgical season giving us the opportunity to renew our Christian faith. The church encourages us to journey through Lent with **prayer**, **fasting**, and **almsgiving** as the means to growing and deepening our relationship with Jesus.

PRAYER

Prayer is a "vital and personal relationship with the living and true God" (CCC # 2558). God our Father is pure love and every one of us his beloved sons and daughters. To pray we need to open up a space to speak and to listen to the gentle voice of God within our busy lives. As with any relationship, for it to grow we make time to get to know and love the other. Jesus is always waiting and will always meet us just where we are.

If you don't have a daily prayer habit, Lent can be the perfect time to begin. However, keep it simple so to not feel overwhelmed and then you are more likely to keep it up!

Some Ideas;

1.Lenten prayer booklets can be especially helpful to maintain focus without feeling overwhelmed.

Our parish is recommending Pieta - see detail in bulletin.

Many other resources are available online, just search Catholic Lenten prayer resources.

An excellent contemporary catholic resource for Prayer generally is **Hallow** - check them out for Lent. <u>https://hallow.com/blog/lent-prayers/</u>

Sydney Dioceses Lenten Guide - Repent and Believe

https://gomakedisciples.org.au/wp-content/uploads/2024/01/Lenten-Companion-2024-v2.0.pdf

2. Attend a Holy Hour – we have a monthly gently guided Holy Hour Tuesdays 730pm at St L. Next dates Feb 13th and March 13^{th.} plus, others as noted in parish bulletin diary.

3. Taize prayer service –ecumenical Lenten service at the Uniting Church in Northbridge, Sunday February 25th 715pm.

Both of these are great if you're not a regular Church goer and are feeling a desire to sit with Jesus quietly surrounded by prayer, song and silence within a candlelight church.

4. Attend weekly Sunday and/or weekday Mass.

5. Pray the rosary.

6. Pray and reflect on the Stations of the Cross - resources online

7.Read a gospel or other spiritual books.

FASTING

Or going without something? So, what are the rules?

During the Fridays of Lent, Catholics in Australia abstain from meat on Ash Wednesday and Good Friday, in union with the fasting of Jesus, and in memory of Christ's death. Fish is not considered meat for these purposes. In Australia all Fridays of Lent are recognised as days of abstinence.

All Catholics age 14 and older are expected to abstain from meat, although those who can't do so for health reasons, along with pregnant and nursing women, are obviously exempted.¹

But fasting can be much broader than that so *think outside the box*. The aim in "offering something up for Lent" is to turn our minds to God.

Offer up listening to music while driving, try replacing it with prayers or with a Catholic podcast.

Fast from social media and spend that time in prayer or talking to a friend.

- Our fasts can also help us overcome subtle addictions or areas where we are heading down the wrong path. Think about where you may be going in the wrong direction and how a Lenten fast can help turn that around.
- You may even choose a positive: find something nice to say about someone who annoys you.

The goals of fasting are to turn our minds to God throughout the day and to grow in virtue and love, so think about what will help you do that.

ALMSGIVING

Traditionally we think of this as helping the poor financially, but we can help anyone in need by our actions, as well. Here are some suggestions:

Create a "giving jar" at home which supports Project Compassion. Make a practice of putting in loose change every day. On days that you fast from your morning coffee or some other item, put in what it might have cost you, so you give to the poor instead.

Go through your belongings and see what you can give away. Perhaps try to give away a few items that are really hard to part with, something that others would really benefit from.

Volunteer at your parish, there are many opportunities!

Choose someone you know who needs to know the love of Jesus. Pray that God puts the right people and experiences into that person's life and pray to be a light on that person's path.

Most importantly travel along Your Lenten Path with others where possible, encouraging each other in prayer and service as you deepen your faith and come to know, love and be loved as a child of God, who loves us so deeply.

"For God so loved the world, that he gave his only begotten Son, that whoever believeth in him should not perish, but have everlasting life." Jn 3:6

In the following weeks during Lent look out for some more fun facts about this Lenten season and the highlight of the church year; Holy Week from Palm Sunday to Easter Vigil.



Did you know the Easter Vigil Liturgy was only instigated in 1950's? More about that later.

catholic voice.org.au/fasting-and-abstinence-at-lent-a-cna-explainer.





What happens in the Mass?

Priests wear violet garments symbolising penance, sacrifice, and preparation.

Sunday readings in 2024, are following Year B readings, highlighting the Gospel of Luke. They have two themes; baptismal and penitential calling listeners to repentance and conversion, while also providing powerful accounts of God's mercy, wisdom, and compassion.

The Gloria is omitted now until it is first heard again on Holy Thursday Mass of Last Supper.

We sing a Lenten gospel acclamation not Alleluia before the gospel reading.

- The playing of the organ and musical instruments is allowed only to support the singing, not instrumental music alone.. Exceptions, are *Laetare* Sunday (Fourth Sunday of Lent),
- The practice of veiling the cross and statues during Lent Is a tradition that has been maintained as a contemporary option, to be observed from the 5th Sunday of Lent through to the Vigil, except for the cross once it is unveiled on Good Friday.

How about some Interesting facts;

Firstly, the term Lent comes from middle english *Lencte* meaning spring time – a concept with little relevance in Australia! More importantly the 40 days is rooted in biblical usage and its meaning is typically indicative of a time of testing, trial, penance, purification, and renewal. In the New Testament, forty days is the length of Jesus' time of trial in the desert in preparation for his public ministry, proclaiming the Gospel.¹

And, another interesting fact about the Easter season is the date, it changes each year, unlike Christmas. Why?

Christmas is fixed to a solar (roman) calendar and falls near the northern hemisphere winter solstice, which is a fixed date. It is normal for the church to arrange her festivals according to the roman (todays Gregorian) calendar. However, Easter, on the other hand, being such a significant event remains based on the lunar cycles of the Jewish calendar, which are shorter than the solar cycles. We know Jesus rose from the dead on the first Sunday following the feast of the Jewish Passover. On our Gregorian calendar **Easter is the first Sunday after the Paschal full moon**, which is the first full moon *on* or *after* March 21. So, Easter always falls between March 22 and April 25.



RESIDENTIAL RETREATS FOR 2024 STARTS ON FRIDAY, 5:30PM ENDS ON SUNDAY, 4:00PM

Volunteers Retreat 9th-11th February

Inner Healing Growth Retreat 16th-18th February

Lenten Growth Retreat 15th-17th March

Divine Mercy Growth Retreat 5th-7th April

Couples Growth Retreat 17th-19th May

Inner Healing Growth Retreat 14th-16th June

Family & Children Retreat 12th-14th July

Inner Healing Growth Retreat 16th-18th August

Youth Retreat 13th-15th September

Marian Growth Retreat 18th-20th October

Inner Healing Growth Retreat 15th-17th November

Advent Retreat 13th-15th December

(Live-in, Accommodation and food provided) 2 bedded room: Single person - \$275 (including meals), Sharing - \$185 each (including meals), 4 bedded rooms: Single person - \$250 (including meals), Sharing \$ 170 each (including meals).

For more info & bookings please contact: 02 4372 1598 or email: drcretreatrego@gmail.com

Special Dates to Remember

DIVINE MERCY FEAST April 7th, 9:00am to 4:00pm. ST VINCENT DE PAUL FEAST September 29th, 9:00am to 4:00pm. ST TERESA OF CALCUTTA FEAST Sth September ST FAUSTINA KOWALSKA FEAST Sth October 7:00am to 9:00am

•Confession •Holy Adoration •Holy Mass

A partial indulgence is granted to all who venerate the relic on this day.

NEW YEAR'S EVE

31st Dec, 8:00pm- Confession 10:00pm- Praise and worship, Rosary, 11:00pm- Holy Mass

Catholic Vocations Broken Bay Young Adult Event **ENCOUNTER** ADORATION | FORMATION | COMMUNITY

FRIDAY FEBRUARY 16 | HOLY NAME PARISH 6PM

Guest Speaker: Fr Sam French

35 BILLYARD AVE WAHROONGA NSW 2076 | RSVP TO

P: 0418 522 449 E: vocations.ministry@bbcatholic.org.au



CATHOLIC VOCATIONS

Considering Priesthood? Young Adult Men Event

Discover more about the priesthood by joining us at the 'Come & See' Seminary Open Day on Sunday, February 18th, at the Good Shepherd Seminary, located at 52-58 Abbotsford Road, Homebush. The event will kick off with Morning Prayer at 9:00 AM, with the option to join the Seminarians, followed by Holy Mass at 10:00 AM. Throughout the day, you can engage in prayer, have conversations with seminarians and priests, attend a talk on the life and formation of men studying for the priesthood by the Rector, Very Rev. Fr Michael de Stoop, and take a guided tour of the Seminary with seminarians.

Brunch will be served during the event.

For additional details and to rsvp, reach out to the Broken Bay Vocations Team on 0418 522 449 or via email at <u>vocations.ministry@bbcatholic.org.au</u>

Kindly confirm your attendance by Friday, February 9, 2024.

